



happy, calm
& confident
kids



Suitable for
children in
years

3-6



The Happy

After-School Club



Autumn Term

Thursdays 3.15-4.15pm

£78 per child for full term



Starting 14/09/23



www.happyhumanproject.co.uk

THE HAPPY AFTER-SCHOOL CLUB TEACHES
CHILDREN FUN AND CALMING STRATEGIES TO
RECOGNISE THEIR EMOTIONS AND REGULATE
THEM, BUILDING EMOTIONAL RESILIENCE,
CONFIDENCE AND SELF-ESTEEM THROUGH
FUN GAMES, PEER-MASSAGE, BREATHING
TECHNIQUES AND RELAXATION

